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Own the Podium is fair play, says Canadian official

VANCOUVER
2010 Games

COMPETITION A senior Canadian Olympic official is dismissing complaints that the country's Own the Podium program gives Canadian athletes more training and a better chance of winning medals at the Winter Games.

Canadian Olympic Committee CEO Chris Rudge says the program was not set up to disadvantage other countries, but provide Canadian athletes with more financial and training support ahead of the Games.

Some have suggested the death of a Georgian luger Friday during a training run could have been averted if he had the chance to train more on the Whistler track, considered among the fastest in the world.

THE CANADIAN PRESS

News on the Move

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Vancouver Games

Follow Metro as we bring you daily coverage throughout the 2010 Vancouver Winter Olympics.
 • Today — Brodeur ready to stand on guard in Canadian goal, page 12

On the web
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Canadian Mike Robertson, left, and American Seth Wescott compete in the big final heat during the Men's SBX Finals on Day 4 of the Vancouver 2010 Winter Olympics at Cypress Snowboard & Ski-Cross Stadium yesterday. More coverage, pages 12 & 13

Silver by a sliver

Canadian snowboarder edged by American at finish

VANCOUVER
2010 Games

The rough-and-tumble roller-coaster of snowboard cross gave Canada its second silver medal yesterday as Michael Robertson missed out on gold by the nose of his American rival's board.
 The 24-year-old boarder

from Canmore, Alta., led for much of the race, only to be overtaken in the final moments by U.S. competitor Seth Wescott, who also claimed the top prize at the Winter Games in Turin, Italy, in 2006.

"It was kind of bitter-sweet," Robertson said after the race. "Obviously I wanted to win, for sure, but I'm so happy to be second. It's

amazing."

Canadian men had a less-than-stellar showing in the long-delayed men's downhill, where Erik Guay of Mont-Tremblant, Que., was the top Canuck in fifth place in 1:54.64.

Manuel Osborne-Paradis of Invermere, B.C., who was seen as the host nation's top medal threat in the marquee event on the

alpine skiing schedule, finished 17th, well back of gold medalist Didier Defago of Switzerland.

Meanwhile, Canadian hockey fans were celebrating good news yesterday after Anaheim Ducks centre Ryan Getzlaf, who sprained his ankle last week, was given the green light to play for Team Canada.

THE CANADIAN PRESS

Olympics a family affair for Greggs

VANCOUVER
2010 Games

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ATHLETES Two Olympic athlete children means double the excitement for the parents of Calgary siblings competing at the 2010 Vancouver Games.

Kathy Gregg said the excitement is incomparable, and while their family cheers on Jessica and Jamie they realize how special it is to have two children competing at the same Olympic Games.

"To us, it doesn't matter if they win medals or not, though we would love to see them win, but we are proud either way," Kathy told Metro just before watching her son take part in the speedskating competition.

Tomorrow, their family and friends will cheer on Jessica during the short-track competition.

"It's amazing here and the energy is so positive. It was really emotional being here and being part of watching Canada win their first gold on home soil. It's all incredible."

And Gregg knows how competing in the Olympic Games can become a lifelong memory — she herself competed in two Olympics as a speedskater and watched her husband compete in hockey.

"I guess it's just what our family does," she said.

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Alberta man dies in B.C. avalanche

INVESTIGATION An Alberta man has died in an avalanche while snowmobiling in eastern B.C. RCMP say eight snowmobilers were on Eagle Mountain near Revelstoke on Sunday afternoon when the slide occurred, burying the 42-year-old man. Police say that by the time his friends were able to find him and dig him out he had died. Mounties and the B.C. Coroner's Service are investigating.

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CalgaryTweets

@carmenincalgary Since I'm giving the Cdn Women's hockey team the win over the Swiss, I think I'm going to stay downtown to see the Calgary Tower lit up.

@SonofabargerCam Nothin' like spending a day wandering around South Calgary. Train ticket and some free time. Beautiful day.

@tremaine Emergency vehicles bring to make it through the blocked traffic not having much luck, drivers very slow to respond #yyc #yycmedia

@artiofab Apparently the place to be in #yyc is the security lines at airport. I'll tell you about it if I survive the wait.

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Whistles blown on city transit

Internal complaints double those of other city departments

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Despite having 10 "whistleblower" complaints — twice as many as the next city department — Transit officials say there is no rampant problem with their employees' conduct.

Ron Collins said while there were a few complaints that were investigated by the city, he said they co-operated and the process provided an opportunity to remind their 2,500 employees about the code of conduct.

"We are the largest business unit in the city and by no means is this an out-of-control problem, but even one is too much and we take it seriously," Collins said.

Collins said while he can't discuss the details of the complaints or how they were dealt with, he

said they were addressed. "We were made aware of the few complaints and we have taken appropriate action," Collins added.

Ward 12 Ald. Ric McIver said he found it interesting transit had more whistleblower complaints than the other business units but wasn't concerned it was due to worse behaviours in the department.

"My theory is perhaps more people in that department are aware of the program. I'm not about to say one department is better or worse than another one," McIver said.

With that said, McIver said the numbers show the program is working the way it should.

"I wouldn't be surprised if we see more numbers. We have very good employees but when you have 13,000 of them, sometimes things go wrong."



Calgary Transit had twice as many whistleblower complaints as any other city department, but officials said the complaint process is an opportunity to reinforce the unit's code of conduct.

City man to lead Red Cross Haiti relief team

Haiti Crisis

OPERATIONS Leaving behind his wife and 14-year-old son, a Calgary man with over 20 years experience in international disaster response is heading to Haiti today.

Iain Logan begins his three-month tour today but acknowledges he could be gone even longer as he is taking on the emergency operations co-ordinator position for the Red Cross

Haiti operation. When Logan helped provide relief in Somalia in the past he was gone for three years.

"One could not have imagined a few years ago a more devastating and overwhelming event than the Indian Ocean tsunami but today we are indeed faced with just that," Logan said.

Logan said while the Red Cross is there to help rebuild, they are not yet at those stages of the relief.

"It is not a recovery phase just yet. We're still in the



Canadian Red Cross' Iain Logan is leaving for Haiti to help co-ordinate emergency operations for three months.

emergency response phase."

Logan will be leading a

team trying to help 80,000 families — 400,000 people — and says it won't be easy but it is something that needs to be done, especially with the hurricane season starting in June.

"The complexity and the continuing underlying vulnerability of Haiti following the massive destruction of this earthquake leaves hundreds of thousands now displaced even more threatened as the hurricane season looms," he said.

KRISTA SYLVESTER/METRO CALGARY

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Four bald eagles with lead poisoning that were being nursed at an Alberta wildlife rehabilitation centre have died. The birds were brought in to the Alberta Institute for Wildlife Conservation in Madden, Alta., over the past few months. **THE CANADIAN PRESS**

News in brief

FOUR-CAR CRASH Rescue teams were trying to free the driver of a semi-trailer loaded with dynamite after the truck was involved in a four-vehicle crash yesterday. One person was killed in the crash, which occurred on Highway 40 near Grande Cache. RCMP Cpl. Wayne Oakes said emergency crews were doing their best to free the trapped truck driver. The dynamite had been secured, Oakes said.

METRO CALGARY

HOLIDAY Former Alberta premier Don Getty says he's "absolutely thrilled" to see the February family-oriented holiday that his government introduced spread across the country. Getty's Conservative government held the province's first Family Day in 1990. It was met with some controversy by businesses which bemoaned the cost of giving employees the time off. But 20 years later, Getty says the holiday's expansion shows that the country is rebuilding a tradition of celebrating the family. The former premier said all four of his sons came to visit for the day. Hundreds in Calgary took part in Family Day activities.

THE CANADIAN PRESS

Fun for all on Family Day

Kids and grownups alike enjoy free activities at Cardel Place

APRIL STUART
for Metro Calgary

Face painting, clowns twisting balloons into magical shapes, and animals were just a few of the delights in store for the community on Family Day.

"I wanted to help out with the community and do some good," said Lyndsay McGregor, a volunteer who painted faces at Cardel Place on Family Day.

Activities that involve kids are important, McGregor said, since many families aren't able to spend that much time together and having a day especially put aside for that is valuable.

Five-year-old Jerry Liao came to enjoy the wonders at Cardel Place, which began offering free family-oriented festivities on Family Day two years ago.

Jessie Wu, Liao's mother,



Lyndsay McGregor paints a butterfly on Ashleigh Giroux's face during free Family Day fun yesterday at Cardel Place.

feels that the most important thing about the holiday is that "kids get to have fun."

Brad Anderson, an employee at Cardel Place, believes that Calgary doesn't

have many places for families to enjoy their day off together that are free.

Being together with family and spending time with each other is what is important to Nathan and

Runglawee Mercer, who were at Cardel Place with their two sons.

Doug Giroux felt Family Day was an opportunity to "get out and enjoy the festivities."

Break-and-enter may involve an off-duty Mountie

INVESTIGATION RCMP are investigating an alleged break and enter in Cochrane possibly involving an off-duty RCMP member, according to officials.

Cochrane RCMP responded to a possible break and enter complaint at a residence on Glenhill Drive on Feb. 14 at 3:50 p.m., RCMP said in a release.

It is reported an unknown person was found in the home by a relative of the homeowner and when confronted and told to leave, the individual identified themselves as a constable and complied by leaving, officials said.

RCMP located someone a short distance from the home in question and took the individual into custody.

Investigators are asking anyone with information to call Cochrane RCMP at 403-932-2213 or Crime Stoppers at 1-800-222-8477. Tips can also be submitted online at www.tipsubmit.com.

METRO CALGARY



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notes the following deaths in our community:

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BELL, Anita Thelma (nee Turner)
FOWLIE, Lyle Weldon
GALLAGHER, Brian Eugene
GRAHAM, Joan Antonia (nee Molinski)
HARWOOD, Ted
HILLMAN, Shirley Margaret (nee Morris)
HUCK, Kevin Andrew
JENKINS, Norman Arthur
KHOJA, Hakimalli Ebrahim
LINDSAY, Vivienne Gail
MCDONALD, Kenneth (Ken) Harry
MCKAY, Margaret H. (Peggy)
MCLEOD, Douglas Hugh
MONEY, Lorraine Mary (Cobb)
NORTHCOTT, William Frank
OBLIGATION, Rodolfo Del Agua (Bopi)
REILLY, Marguerite Isabelle (Craigien)
RIEGER, Adrien Joseph
ROSSI, Shirley Eileen (nee Vessey)
ROSYCHUK, James (Jim)
SWEETNAM, Victor Samuel
KOHNE, Helmut Bernard "Hal"
KOTOWSKI, Martin August Anton
CHOW, Shuet Mui Alice
FOLKMANN, Elizabeth
FONTEYNE, Gladys Joan
BEARSPAW, Colleen Andrea (Nonay)

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Disney volunteer program gets local family pitching in

THEME PARKS Volunteering can be as much of a family affair as a trip to Walt Disney World. So why not combine the two?

What started as Disney's "What will you celebrate?" campaign in 2009 has evolved into "Give a day. Get a Disney Day."

The effort is the first of its kind anywhere and is hoping to inspire more than one million people to give a day of volunteer service to a local charity or organization.

In fact, since launching the program just six weeks ago more than 600,000 people have registered to participate, and some are from Canada.

"Even we have been overwhelmed by the response," says Tom Staggs, Chairman of Walt Disney Parks and Resorts.

Disney ran commercials for the program during their TV show America's Funniest Home Videos. Young Parker Franco saw the ad and asked his mom what they could

Get involved

• Disney is celebrating volunteers by giving them a free one-day admission to any Disney theme park. You can register and volunteer at volunteer.ca

do. Karen Franco, a Calgary resident and longtime volunteer with local organizations, registered with the program through volunteer.ca.

"I've always volunteered but now this got the kids excited, too," she said.

The Francos were recognized for their efforts at a special event held at Disney World last week that saw the likes of Extreme Home Makeover's host Ty Pennington and Kermit the Frog celebrating with the volunteer families.

"Since working on the projects, the kids have become more interested in doing what they can to help others," Franco said.

Her children are now getting their classmates involved as well as part of their plan to volunteer. **METRO CALGARY**

The promise of a trip to meet Mickey and Minnie Mouse has prompted thousands of volunteers to spend a day helping others.



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French furor over bilingual Games content

Members of Quebec's media are raking the CEO of the Vancouver Games over the coals for the perceived lack of French at the opening ceremonies. **THE CANADIAN PRESS**

5

Canada



PHOTO COURTESY OF THE CANADIAN PRESS

Prime Minister Stephen Harper shakes hands with Haitian Prime Minister Jean-Max Bellerive, left, as President Rene Preval, centre, looks on as they begin a bilateral meeting in at the airport outside the Haitian capital of Port-au-Prince yesterday.

Harper visits Haiti Announces \$12M for government base

Haiti Crisis

Canada will help the Haitian government get back on its feet by building an administrative base to replace a number of smashed buildings in the country's shattered capital.

During a visit to Haiti, Prime Minister Stephen Harper announced Monday that Canada would spend up to \$12 million to create a temporary facility to house government departments and civil servants.

A number of Haitian government buildings have been reduced to rubble,

First to show up

• The prime minister is the first G20 leader to visit Haiti since the earthquake, following the heads of several neighbouring countries who have already made the trip.

from the presidential palace to the tax department and the education ministry.

Workers have been trying to salvage any scraps of paper documents while crews remove bodies and bulldozers demolish what's left of the condemned buildings.

The Canadian-funded base will include soft-cov-

ered tents and hard-shelled temporary buildings. It is expected to be up and running for up to a year, and construction will start once the Haitian government chooses a location.

"(This is) an important step toward recovery and reconstruction," Harper said.

The prime minister plans to get a glimpse of Canadian aid efforts, assess longer-term needs, and stress the message that Canada is in Haiti for the long haul.

The Canadian military and civilian volunteers have been providing clean water, food, security and medical care since the Jan. 12 earthquake.

THE CANADIAN PRESS

News in brief

COURTS Disgraced financial adviser Earl Jones received an 11-year sentence for orchestrating a massive fraud scheme yesterday, and the judgment was even more severe from the people who use to love him. "He can rot in hell," said Bevan Jones, who came to the courthouse to watch his sibling get sent away. **THE CANADIAN PRESS**

m.metronews.ca



The Simpsons' curling adventure is a big hit with the off-ignored sports Olympians in Vancouver. Scan this code for the story.

'Black Bloc' makes presence known

VANCOUVER 2010 Games

PROTESTS They go by the name Black Bloc, but even the masked, black-clad protesters who trashed store windows during an anti-Olympic march on the weekend wouldn't call themselves an organization.

The self-appointed "ninjas" of the anarchist movement have been a factor in European radical politics

for decades but appeared spectacularly on the radar in North America during the 1999 World Trade Organization ministerial meeting in Seattle.

Police cracked down hard and a peaceful march and blockade by 50,000 anti-globalization protesters degenerated in a cloud of tear-gas and pepper-spray.

With no structure and no purported leaders, they're maddeningly hard for authorities to pin down.

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Comment & Views

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Comment

Quebec grievance era has passed

NationalReport



metronews.ca/nationalreport

Heritage Minister James Moore had a point of sorts in saying there wasn't enough French content in the opening ceremonies of the Van-

couver Olympics. There could have been more.

But it was hard to keep from yawning. His complaint sounded 20 or 30 years out of date, from a bygone era. Bilingualism is still a noble cause but in the public psyche it has faded in importance. It was part of the Quebec grievance era. That era, beginning with the arrival of separatist forces in the early 1960s, spanned almost four decades.

It was remarkable when

you think about it. Quebec angsts, Quebec separatists, Quebec issues dominated the national agenda to an astonishing degree. There was the rise of René Lévesque, the October Crisis, the election of the Parti Québécois, the 1980 referendum, bilingualism uproars, the repatriation debate, Meech Lake, Charlottetown, Jacques Parizeau, Lucien Bouchard, the 1995 referendum, the Clarity Act. There was the run of Quebec-based prime minis-

ters — Trudeau, Mulroney, Chretien, Martin.

Nothing lasts forever. The grievance era has passed. Nobody gets excited about the separatist threat anymore. Nobody gets excited about bilingualism anymore.

In British Columbia, only 55,000 of four million people are native French speakers. They are overwhelmed in the multi-ethnic province by those who speak South Asian or Chinese dialects.

The opening show did spotlight French singer Garou and three of the eight Olympic flag-bearers were from Quebec. Celine Dion had been invited but didn't attend. Games CEO John Furlong said only a handful of words in French in his welcoming address. Given his appalling pronunciation we were thankful he stopped at that.

The opening couple days of the Games had enough misfortunes — the death of the luger, the glitches with

the hydraulic lifts at the torch lighting, the spring-like weather. Organizers didn't really need complaints about not enough French to rain further on the parade.

Such complaints may have some merit. But Canadians don't want to hear them any more. They have heard them for 40 years running.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Roller-coaster market can produce wealth

InBusiness



metronews.ca/inbusiness

Forget about following day-to-day stock market action. It is too unstable and only breeds nausea, heartburn and indigestion.

The longer view, on the other hand, can be, and usually is, cheerily optimistic. Despite its recent gyrations, the market, measured by the S&P/TSX Composite Index, is nearly 50 per cent above its bot-

tom of last March.

That's very good news. It's sad, then, that so many Canadians have completely missed out on it, with negative consequences for themselves, and the economy. A recent report estimates that over the past year or so, Canadian investors have tucked away as much as \$90 billion in hyper-safe but low yielding investments like savings accounts and guaranteed investment certificates rather than chancing the equity market.

It's worth reflecting on this depressing phenomenon here as the end of RRSP season nears. Retail investors have always been

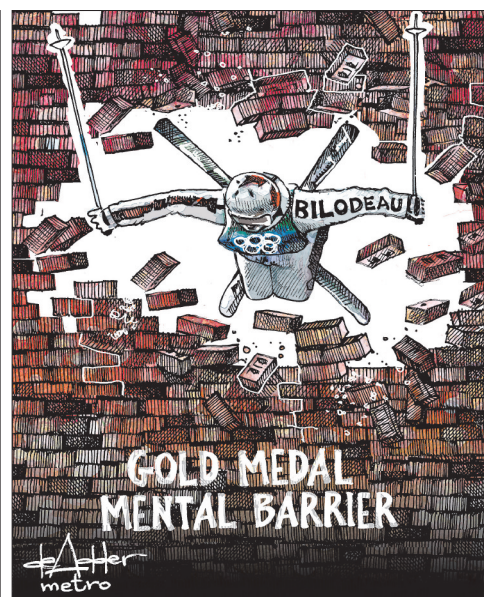
creatures of extremes, driven into hiding by bear markets; then becoming cockeyed, nay greedy, opportunists after the bull has taken flight. They almost invariably manage to be counterintuitive, selling low and buying high. In the quest for security, they ignore the fact that a gradual and consistent accumulation of stocks through good times, and especially bad times, eventually produces wealth.

In part, the risk aversion is understandable. A whiff of casino atmosphere has always hovered over the stock market, and we've just been through the worst of a recession that has ruth-

lessly pared jobs and incomes. This kind of stuff terrifies investors, especially older ones who are more liable to be concerned with preserving savings for the cost of nursing home care than building a portfolio.

But think longer term. Freight car loads of personal finance books and miles of copy on the subject in the popular press have failed to convince investors to build their wealth the sensible way, by making a long-term commitment to stocks, and by patiently riding out the rough patches.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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It took five months for a Czech woman to discover the reason for her pain: Doctors had left a foot-long medical tool inside her abdomen. Doctors at a clinic in the town of Ivancice discovered their colleagues had forgotten to remove a spatula-like surgical instrument from the woman following gynecological surgery in September. **THE ASSOCIATED PRESS**

World



Well, bacon is very tasty

Britain's richest-ever lottery winners say they celebrated their \$92-million jackpot in modest style — with breakfast in a grocery store. Nigel Page, a 43-year-old janitor, said yesterday that he, his partner and their children ate bacon sandwiches at a Waitrose superstore to take in the news. Page won half a jackpot worth 112 million pounds in Friday's EuroMillions lottery draw. The second winning ticket was bought in Spain, but the winner has not been named. **THE ASSOCIATED PRESS**

Several dead after Belgian train collision

A rush-hour commuter train sped through a red signal and slammed into an oncoming train as it left a suburban Brussels station in Belgium yesterday, killing at least 18 people and disrupting rail traffic in northern Europe.

Investigations into one of the worst accidents on the Belgian rails were likely to focus on whether human error was responsible or if it could have been influenced by the persistently freezing temperatures that have iced up the European capital.

Officials said 80 people were injured, 20 of them seriously, and the death toll — 15 men and three

"When we came out we saw dead bodies lying next to the tracks, some mutilated."

Train passenger Patricia Lallemand

women — was not considered final.

As darkness fell more than 10 hours later, rescuers were still looking for victims in the wreckage, said Jos Colpin, the spokesman for the federal prosecutor's office.

The trains, carrying a total of about 300 passengers, collided in light snow during the morning rush. The impact peeled away the front of one train car

and threw at least one other off the tracks, severing the limbs of some passen-

gers, witnesses and officials said. One engine was thrust high into the air and snapped overhead power lines.

"When we came out we saw dead bodies lying next to the tracks, some mutilated," said Patricia Lallemand, 40, who was in a middle car of one train and was unhurt.

Lodewijk De Witte, the governor of the province of Flemish Brabant, told reporters one train "apparently did not heed a stop light." **THE ASSOCIATED PRESS**

India Military hardware for sale



Exhibitors look at an armoured vehicle at the Defense Expo in New Delhi yesterday. As many as 650 companies from more than 35 countries are exhibitors at the largest arms fair in Asia as India plans to spend billions to upgrade its military hardware.

Troops say they are handicapped by rules

AFGHANISTAN Some U.S. and Afghan troops say they're fighting the latest offensive in Afghanistan with a handicap — strict rules that routinely force them to hold their fire.

Although details of the new guidelines are classified to keep insurgents from reading them, troops say the Taliban are keenly aware of the restrictions.

"I understand the reason behind it, but it's so hard to fight a war like this," said Lance Cpl. Travis Anderson,

Civilians killed

• NATO said five civilians were accidentally killed by an airstrike yesterday when they were mistakenly believed to have been planting roadside bombs in Kandahar province, east of the Marjah offensive.

20. "They're using our rules of engagement against us," he said, adding that his platoon had repeatedly seen men drop their guns into

ditches and walk away to blend in with civilians.

If a man emerges from a Taliban hideout after shooting erupts, U.S. troops say they cannot fire at him if he is not seen carrying a weapon — or if they did not personally watch him drop one. What this means, some contend, is that a militant can fire at them, then set aside his weapon and walk freely out of a compound, possibly toward a weapons cache in another location. **THE ASSOCIATED PRESS**

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News in brief

DUBAI Police said yesterday an 11-member hit squad with European passports was responsible for the killing of a Hamas commander last month and released their

photos, names, and passport numbers. Lt. Gen. Dhahi Khalaf Tamim did not implicate Israel, as the Islamic militant group has.

THE ASSOCIATED PRESS

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An embattled White House shifts from "hope and change" to directly counter simmering anger among U.S. voters. Scan this code for the story.



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N.Z. workers euthanize stranded pilot whales

Twenty-eight pilot whales died or were euthanized by conservation workers after a mass stranding on a New Zealand beach, an official said yesterday. **THE ASSOCIATED PRESS**

Official: Save, don't bulldoze Haiti heritage

Haiti Crisis

Haiti's historical heritage risks being bulldozed in the push to rebuild towns and cities flattened by last month's earthquake, a leading cultural official warned yesterday.

"There is a temptation to demolish everything. When the bulldozers come, it's fatal," Daniel Elie, director of Haiti's governmental Institute for the Preservation of National Heritage, told The Associated Press at the Paris headquarters of the United Nations' cultural agency.

Keeping survivors alive and building solid shelter for the 1.2 million made homeless by the Jan. 12 quake are the most immediate priorities. But UN officials say preserving the country's churches, art-work and mementoes from its slave revolt will be crucial for Haitians' long-term



In this file photo, people walk by the Cathedral which collapsed in the earthquake in Port-au-Prince.

emotional recovery.

Cathedrals and other buildings dating to the 17th century were among those damaged, some reduced to foundations or a lone crumbling wall. In that state, Elie said, their cultural value isn't obvious to demolition teams sent to raze neighbourhoods, he said.

Despite the country's current administrative disarray, "We must make everyone, everywhere sensitive to this," he said.

Elie is joining Haiti's culture and communications minister, Marie-Laurence Jocelyn Lassegue, and UNESCO officials for talks this week to determine the

most urgent needs for restoring historical sites.

Irina Bokova, director of the UN Educational, Scientific and Cultural Organization, said the agency has contacted "quite a few donors who have expressed their availability to finance" restoration projects.

THE ASSOCIATED PRESS

Tears, tentative steps for child samba queen

BRAZIL Julia Lira, Rio's seven-year-old Carnival drum corps queen, didn't like one bit of the cameras that homed in on her as she led a lavish samba parade, and reacted as any child might — by having a good cry.

But the sprite of a samba dancer did her best to brush away the tears, and after a few minutes of holding her mom's hand and resting in the arms of a doting official from her Viradouro samba group, she returned in front of the crowd to dance early yesterday.

The samba parades — which pit 12 groups against one another in a competition that is closely watched by millions throughout the country — began Sunday evening and didn't stop until the sun rose yesterday after six

groups paraded.

Yesterday evening, the final six went before the cheering crowds of 80,000 in a specially designed stadium.

Dressed in a sequined halter top and a miniskirt made of purple feathers, young Julia tentatively stepped through the first 50 metres of the parade. Her father — the president of Viradouro — then took her by the hand and presented her to the crowd.

She smiled big for the photographers and adoring fans. But 10 minutes into the group's presentation and surrounded by dozens of photographers and television cameramen, the youngster broke down in tears and was immediately scooped into the arms of her unofficial handler.

THE ASSOCIATED PRESS



Julia Lira

Relatives ask why Alabama prof was hired

U.S. Grieving relatives of three professors gunned down at a university faculty meeting questioned why their accused colleague was hired despite a dispute with a former boss who received a pipe bomb and the shooting death of her brother.

Amy Bishop is charged in the three deaths Friday at the University of Alabama in Huntsville.

The Boston Globe reported Sunday that Bishop and her husband were questioned by investigators looking into a pipe bomb sent to one of Bishop's colleagues at Children's Hospital Boston in 1993.

The bomb did not go off, and nobody was ever charged.

THE ASSOCIATED PRESS

News in brief

UTAH A polygamous church in Utah led by Warren Jeffs before he was jailed in 2007 has named a new president who is facing bigamy charges. Wendell Loy Nielsen, 69, was named president in documents filed in Utah. He has long been a leader in the southern Utah-based Fundamentalist Church of Jesus Christ of Latter Day Saints.

THE ASSOCIATED PRESS

Ohio New kid on the ice block



In this photo taken on Feb. 11, Jimmy Grey Jr. sits in the "entertainment room" where he watched the Super Bowl with friends in an igloo he has been building since January on the front yard of his father's home in Chardon, Ohio. Jimmy has been out of work for nine months so he decided to fill his time with his new hobby.

Iraq targets tailors to curb militant attacks

MIDDLE EAST Iraq is cracking down on shops and tailors who sell and make police and military uniforms after attackers disguised themselves as security forces to slip through checkpoints and carry out suicide bombings in heavily guarded Baghdad.

Security lapses that allowed bombings at government buildings and hotels in Baghdad in recent months were an em-

barrassment to the Iraqi government ahead of parliamentary elections next month, and a potentially deadly situation for troops.

So now security officials are under pressure to plug as many holes as possible.

Uniforms are widely available at open air markets, and many tailors make them.

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Bilodeau's gold will be priceless

VANCOUVER
2010 Games

Even before Alexandre Bilodeau had Canada's first homemade gold medal slung around his neck last night, the country's newest Olympic hero was already garnering serious attention from Canadian companies eager to attach their brands to his historic feat.

Just hours after his win in freestyle moguls Sunday, Bilodeau celebrated with a trip to a local McDonald's, scarfing down a Big Mac and fries after posing for a publicity shot with grinning members of the

restaurant's counter staff. Winning a medal — particularly one with the significance attached to Canada's first ever Olympic gold won on Canadian soil — will likely lead to more opportunities for the 22-year-old skier to partner up with Corporate Canada.

For Bilodeau, accolades and tributes began to rain down on the moguls skier almost as soon as he had posted the win.

The Royal Canadian Mint and Canada Post stepped up quickly to honour the Quebecer's victory with the immediate release of gold medal commemorative coins and stamps,



Freestyle skier Alexandre Bilodeau, left, celebrates at the McDonald's at the Olympic press centre within hours of winning Canada's first gold medal on Canadian soil.

though they didn't mention the skier by name.

Russell Reimer, a managing partner at Agenda Sport Marketing, said Bilodeau could become a millionaire in his lifetime from corporate gigs.

"I could see several corporate partners wanting to align with Alexandre, I

would say long-term commitments probably in the early six figures."

Reimer added that speedskater Cindy Klassen has likely earned more than \$500,000 annually in the four years since her five-medal streak at the Turin Winter Games.

THE CANADIAN PRESS

Eurozone facing crisis

CURRENCY Greece's finance minister said a detailed rescue plan from other eurozone nations would be the best way to soothe the crisis over fears that Greece could default on debt payments.

Eurozone nations pledged last week to aid Greece "if needed to guard financial stability" — but did not say how they would help.

Worries of a default have hiked the cost of Greek government borrowing recently and caused the euro to slide to a near nine-month low. Greek Finance Minister George Papaconstantinou said he would like to see the 16 countries that use the euro to "work out a mechanism" to support any member that cannot pay its debts.

THE ASSOCIATED PRESS

Business in brief

HOUSING The federal government is expected to announce new rules to require an income test for a CMHC insured mortgage. Sources say Finance Minister Jim Flaherty is concerned Canadians are taking on too much debt. **THE CANADIAN PRESS**

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Iceland's government hopes to dodge a referendum on a controversial debt payment plan with new negotiations in Europe. Scan this code for the story.

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Your Money

Mortgages for self-employed

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

It was a sad day when I sold my 1971 Karmann Ghia — a sexy number for a freelance writer to bomb around Vancouver streets.

Therein lay the problem — freelance writer, i.e. self-employed, ergo a bad credit risk.

Though I supplicated myself trying to borrow \$4,000 to buy a first computer, my little beauty ended up financing my technology upgrade.

Later, I hoped for better luck with a mortgage. I had 30 per cent saved but when the loans officers saw my income tax return they couldn't show me the door quickly enough.

The banks only took into account taxable income while I, like most self-employed, had many more deductions, such as use of

home and auto, to lower that figure. Even with a hefty gross income, the self-employed have historically come up short as credit worthy.

But that's changing, according to mortgage agent Dianne Chafe with Oriana Financial in Toronto. "Financial institutions are more and more willing to look at gross income," she says. "If your finances are in good shape you should be able to get as good a rate as an employed person."

Here are three tips:

1. Aim for 20 to 25 per cent down to reduce debt load and avoid mortgage insurance.

2. Be able to prove you have been in business for at least two years. The easiest way to do this is to register your business.

3. Keep your total debt servicing — mortgage, condo fees, property tax, utilities and non-mortgage debt — as close as possible to 40 to 44 per cent of your net income.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Renovation tax credit

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

economic stimulus credit that applies only to 2009. Excess amounts may not be carried forward.

The federal government also has provided a \$5,000 first-time homebuyer's tax credit for 2009.

When filing 2009 tax returns, look for other non-refundable tax credits:

- Tax credit for children under 18 at end of the tax year. No receipts required.
- Caregiver amount for parents or grandparents over 65 years. No receipts.
- Canada employment credit — every employed individual can claim. No receipts required.
- Public transit — keep passes. Receipts required.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

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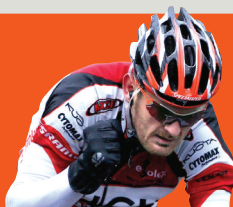
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Jordan seeking to buy Bobcats: Coach

Former NBA great Michael Jordan could have a new role soon: Team owner. Charlotte Bobcats coach Larry Brown says Jordan is doing everything he can to become the majority owner of the club in his home state. **THE ASSOCIATED PRESS**

11

Sports



Warrant issued for Landis

A French judge has issued a national arrest warrant for U.S. cyclist Floyd Landis, left, in connection with a case of data hacking at a doping laboratory, a prosecutor's office said. Landis denied the hacking allegations in an email to the Los Angeles Times yesterday and said no warrant has been served against him. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA



LeBron James and Dwyane Wade of the Eastern Conference celebrate their 141-139 victory over the Western Conference in the NBA all-star game in Arlington, Texas, on Sunday.

Big deals brewing?

Wade, James could get some all-star help

Electrifying as teammates for one night, imagine LeBron James and Dwyane Wade together for an entire season.

At least one of them does. "We can dream, can't we?" Wade said. "I dream." After watching them Sunday night in the all-star game at Cowboys Stadium, who wouldn't? Well, except rival coaches.

"I don't think you needed to see tonight to understand that that would scare any of us in this league," Eastern Conference coach Stan Van Gundy said.

Wade scored 28 points and was the MVP, James added 25 and the East beat the West 141-139 before 108,713 fans, the largest crowd ever to attend a basketball game.

A James-Wade partnership could happen, but that wouldn't be until the summer. In the meantime, one or both of them still could get some all-star calibre help.

The NBA trade deadline is Thursday, with Cleveland

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A remade Dallas Mavericks squad exits the break looking to challenge the Lakers' dominance

and Miami among the teams most frequently appearing in the usual mid-February speculation. And for the second consecutive year, much of it focuses on Amare Stoudemire of Phoenix.

The Cavaliers and Heat both have been linked to the all-star forward, a terrific Plan B if neither can make a James-Wade tandem happen.

"I'm aware of the talk just like everybody else," James said.

"I've been a part of guys getting traded to our team and getting traded away from our team. I never get caught up into it until I know or hear from our coaching staff or GMs that

the deal has actually happened."

The Cavaliers may not need a deal after rolling into the break with a 13-game winning streak and an NBA-best 43-11 record, even without the injured Mo Williams. But they also want to show James they are totally committed to winning before he becomes a free agent this summer, and there's still some improving that can be done.

Cleveland thought it had a team that could win last season, but Orlando exploited its lack of athleticism at the power forward spot in the Eastern Conference finals. A player such as Stoudemire or Washington's Antawn Jamison could fill that void.

Miami needs a little of everything after reaching the break in seventh place in the East with a 26-27 record. Wade has warned the Heat his decision to stay this summer will be based on whether he believes his team can be a contender.

THE ASSOCIATED PRESS

Few impact free agents still available in CFL

FOOTBALL Amidst the work-outs and the waiting, Byron Parker has been watching. From his off-season home in Atlanta, the veteran CFL cornerback stumbled across an Olympic biathlon broadcast over the weekend and was astonished to learn that "guys are getting medals for skiing and shooting BB Guns."

Parker has spent the winter wondering what kind of reward he might receive when he became a free agent. The 28-year-old was set to find out today, when a modest group of established free agents would be free to sell their services to the highest bidder.

Some of the biggest names had already resigned with their teams before the deadline, including Calgary running back Joffrey Reynolds and Saskatchewan receiver Andy Fantuz.

Only two established running backs (Toronto's Jamal Robertson and Saskatchewan's Wes Cates) and one quarterback (Saskatchewan's Steven Jyles) were left on the market shelves heading into the free-agent period.

"I think my phone should be ringing," Parker said.

Some teams had more pending free agents than others, but none more

"I think my phone should be ringing."

Byron Parker

than Saskatchewan and Toronto. The Argos, following a CFL-worst 3-15 season, were not planning to re-sign receivers Reggie McNeal or PK Sam, nor did they expect to retain Robertson, their running back.

"Most teams have done a good job of signing their guys," Toronto general manager Adam Rita said.

"You've got to kind of worry about a guy who's not been signed yet."

The Argos have been in talks with return specialist Dominique Dorsey, but had not reached an agreement as of yesterday afternoon. The team might have interest in Parker, who was twice named a CFL all-star when he played in Toronto.

Parker was traded to Edmonton last year in one of many questionable moves made as Bart Andrus fumbled through his rookie season as head coach in Toronto. Andrus was fired in December.

Last night, the Argos announced they had resigned linebacker Raymond Fontaine and receiver Obed Cetoute through the 2011 season.

THE CANADIAN PRESS

Canadians will face Maradona's squad

SOCCER Canadian soccer history will be made this spring when the national men's side travels to Buenos Aires to face Diego Maradona and his tremendously gifted, notoriously flawed Argentina team just weeks before the World Cup opens in South Africa.

The friendly match will mark the first time Canada and Argentina have met in international men's competition. It will also be the marquee game of Stephen Hart's first year as head coach of the Canadian team.

"When you're talking world football, you can't talk about it without mentioning Argentina," Hart said yesterday. "They are one of the greatest nations in the game. This is a huge game for Canada and its players." **THE CANADIAN PRESS**

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Sports in brief

SOCCER England's Premier League is reportedly considering the introduction of play-offs to decide which team takes its fourth Champions League place. The top four clubs currently qualify automatically for Europe's top club

competition, but the Guardian newspaper says the Premier League could reduce that to three and give the final place to the winner of end-of-season playoffs involving teams finishing fourth through seventh.

NHL Tampa Bay's Steven Stamkos, Philadelphia's Michael Leighton and Dallas' Marty Turco are the NHL Three Stars of the week. Stamkos led all scorers last week with nine points.

METRO NEWS SERVICES

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Marty's last stand?

Veteran goalie ready for fourth Olympics

Martin Brodeur thought his Olympic dream had ended.

As the disappointment of a seventh-place finish truly began to set in four years ago, the veteran goaltender wondered if he'd played his last game for Team Canada. The Vancouver Games seemed a long way away at that point, and Brodeur knew it was far from certain he'd still be among the best in the game at age 37.

Yet, here he is, back for a fourth Olympics



Luongo gets nod

- Roberto Luongo will be Team Canada's starting goalie for the first game of the Olympic men's hockey tournament.
- Coach Mike Babcock said the Vancouver Canucks goaltender will start tonight against Norway while Martin Brodeur gets Switzerland Thursday.

and still among the league leaders — first in shutouts and second in victories at about the three-quarter mark of the season.

"After the last one, I didn't know where my game was going to be at," Brodeur said in a recent interview. "I'm excited to still be on top. Playing well, feeling good. I have that drive to play. I think that's the thing, when you get a little older, wanting to play and wanting to be the guy (is important)."

There's a good chance Brodeur will end up being the guy for Canada during these Olympics.

Even though Brodeur and Roberto Luongo have each had some recent struggles, they're likely

Martin Brodeur

Nos. 1 and 2, with Marc-Andre Fleury sitting in the third spot.

No Canadian goalie can match Brodeur in terms of experience. And with seven shutouts already this season, there's reason to believe he's still on top of his game.

"You look at the year he's having, wins and statistics don't lie," said Canadian defenceman Chris Pronger. "He's certainly playing very well ... A guy with his experience and his credentials is certainly somebody you want between the pipes in the big games."

Interestingly, Brodeur grew up only a few blocks from Luongo in Montreal and both were also part of the 2006 Canadian Olympic team. The one thing that stands out for Luongo about his teammate is the chasm between his on-ice and off-ice personas.

"He's a big competitor," said Luongo.

"The thing I like about him the most is he's laid back and he has fun with it. You see him before a game, he's very relaxed and joking around with guys ... But you know deep down inside he wants to win just as bad as anybody else."

THE CANADIAN PRESS

Cross-country Swedish gold



Gold medal winner Charlotte Kalla of Sweden is flanked by silver medal winner Kristina Smigun-Vaehi from Estonia, left, and bronze medal winner Marit Bjørgen of Norway yesterday after the women's 10-kilometre cross-country ski race at the 2010 Olympics in Whistler, B.C.

Getzlaf cleared for action as Team Canada roster finalized

HOCKEY Ryan Getzlaf has been cleared to play for Team Canada at the Olympics.

The Anaheim Ducks centre missed a couple NHL games this week with a sprained left ankle, but was given the thumbs-up to compete for Canada one day after scoring four points in his return to the lineup.

As a result, Canada will enter the men's Olympic tournament with the same 23 players executive director Steve Yzerman announced Dec. 30.

Getzlaf was really the only question mark. Team Canada associate director Doug Armstrong travelled to Edmonton to watch him play Sunday and Getzlaf responded with two goals and two assists in an Anaheim victory.

After the game, he expressed hope that he would be included on the final Canadian roster.

"In my mind, it's pretty made up," said Getzlaf. "Obviously, I would like to be there."

The roster was officially submitted yesterday and cannot be changed at any point during the event.

The Canadian team opens the tournament today against Norway (5:30 p.m. MT., CTV).

Philadelphia Flyers forward Jeff Carter flew to Vancouver Sunday in case Getzlaf was unable to compete and headed home without ever having stepped on the ice at Canada Hockey Place.

After arriving at the airport, he admitted to having some mixed feelings about the situation, but said it was encouraging to be considered the team's first alternate.

"It's always nice to know that you're still kind of in the loop," said Carter. "It's a tough situation to be in."

THE CANADIAN PRESS

On the web

- Complete day-by-day event schedule
 - Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
 - Metro-Blenz News Squad on-the-ground blog
- Visit metronews.ca for more Games coverage.

VANCOUVER GAMES

MedalCount

NATION	Gold	Silver	Bronze	TOTAL
U.S.	2	2	4	8
Germany	1	3	1	5
France	2	0	2	4
Canada	1	2	1	4
Switzerland	3	0	0	3
South Korea	2	1	0	3
Norway	0	2	1	3
Italy	0	1	2	3
China	1	1	0	2
Czech Republic	1	0	1	2
Japan	0	1	1	2
Netherlands	1	0	0	1
Slovakia	1	0	0	1
Sweden	1	0	0	1
Australia	0	1	0	1

Alberta's Robertson wins silver

JEFF HODSON
Metro Canada

SNOWBOARD CROSS Canadian snowboarder Mike Robertson said it was a bittersweet moment when he glanced over while blazing down the snowboard cross course at Cypress Mountain and realized American Seth Wescott would repeat as Olympic champion.

"Obviously I wanted to win," said Robertson, who won Canada's fourth

medal, a silver, yesterday in men's snowboard cross. "But I'm so happy to be second. It's amazing."

Robertson, 24, dominated much

of the final race. After battling early with American Nate Holland, he took a commanding lead, but missed a landing late in the race. The error allowed Wescott, the defending gold medalist, to quickly close the gap and nose Robertson into second. France's Tony Ramoin took bronze.

Afterwards, Robertson praised the American as a "big event rider."

At 33, Wescott becomes the oldest athlete to medal in a snowboard competition.

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PEOPLE POWERED

Germany's Pechstein hopes to compete despite ban

Five-time Olympic speedskating champion Claudia Pechstein of Germany says she has appealed to the Court of Arbitration for Sport hoping to compete at the Vancouver Games despite her doping ban. **THE ASSOCIATED PRESS**

Vancouver Games

Almost ready to toss some rocks

After much anticipation, Canadian curler Cheryl Bernard hits the ice today

Curler Cheryl Bernard won't have much time to get her feet wet at her first Winter Olympics.

The Calgary skip will make her Games debut today in front of what's sure to be a raucous Vancouver crowd and will square off against the woman who has claimed the silver medal in each of the last two Olympics, Switzerland's Mirjam Ott.

Easing into the tournament against a tough opponent, Bernard isn't worried.

"They're an offensive team and they'll go at it and I don't mind that game at all," Bernard said yesterday after her final training session in Vancouver. "I'm looking forward to playing them."

The 43-year-old, who clinched her spot at the Olympics by winning the Canadian curling trials last December, sounded as though she'd take on just



Team Canada second Carolyn Darbyshire, centre, jokes as skip Cheryl Bernard, left, and lead Cori Bartel smile during practice at the Olympic Centre yesterday at the 2010 Olympic Winter Games in Vancouver. The Canadian rink will take on Switzerland today.

about anyone if it meant finally getting the Games underway.

"I came in (the media area) and I said, 'I don't know what else I have to say because we haven't played yet,'" Bernard said to reporters with her customary off-ice laugh.

While Bernard will open with a difficult matchup against Ott, the odds were quite high her first round-robin contest wouldn't be a walk in the park.

The women's Olympic curling field is deep and there's no shortage of teams that could wind up

on top of the podium.

Sweden's Anette Norberg is the defending Olympic gold medallist and a two-time world champion.

China's Bingyu Wang won the world championship last year and has been picked by some to

Drought

- Cheryl Bernard will be attempting to claim Canada's first women's gold in curling since Sandra Schmirler in 1998.

claim gold in Vancouver.

And then there's Ott. With her two Olympic runner-up performances, the Swiss skip has become something of international curling's bridesmaid.

But she insisted she will be perfectly content with another silver, or even bronze, and appeared just as eager as Bernard to get the tournament underway.

"Now all the jet lag is gone, we are used to the Olympic village, we are used to all this entourage, the security, so we are really ready to start and happy that we can start (today)," she said.

THE CANADIAN PRESS

No sentimental victory for Quebec's Guay

SKIING Being the top Canadian didn't mean much to Erik Guay after the host country was shut out of the medals in the men's downhill at the Winter Olympics yesterday.

The race was won by Switzerland's Didier Defago in one minute, 54.31 seconds. Guay, from Mont-Tremblant, Que., was fifth in 1:54.64.

"It's heartbreaking a little bit to be fifth," said Guay. "It wasn't a bad run and it's my best result of the year in downhill."

"You hope and pray for Olympic miracles. I would have loved to be on the podium but fifth place is where I am standing."

Manuel Osborne-Paradis of Invermere, B.C., was seen as Canada's top medal threat in the marquee event on the alpine skiing schedule. A couple of mistakes cost him time and he finished 17th in 1:55.44.

Norway's Aksel Lund Svindal was second in 1:54.38.

THE CANADIAN PRESS

Canada headed to semifinals after handing Swiss blowout

HOCKEY Canada punched its ticket to the semifinals of the Olympic women's hockey tournament yesterday with a 10-1 win over Switzerland.

The Canadian women improved to 2-0 and can finish first in Group A with a win over Sweden in the final preliminary-round game for both countries tomorrow.

Scoring onslaught

- Canada, the defending Olympic champion, has outscored its opposition 28-1 in its first two games.

The top two teams in each group advance to the semifinals Feb. 22.

The top seed crosses over to play the runner-up in the

The 18 goals scored against Slovakia on Saturday were an Olympic women's hockey record.

other pool in the semis.

While Canada's high goal output may seem unnecessary to some, should Canada and the U.S. meet in the

final with the same record, the country with the better goal differential will be designated the home team.

Meghan Agosta of Ruthven, Ont., paced Canada with a pair of goals. Jayna Hefford of Kingston, Ont., scored her second short-handed goal of the tournament and the hosts also got goals from Montreal's Catherine Ward,

Marie-Philip Poulin of Beauceville, Que., Toronto's Cherie Piper, Gillian Apps of Unionville, Ont., and Sarah Vaillancourt of Sherbrooke, Que.

Goalie Shannon Szabados of Edmonton earned the win in front of an enthusiastic crowd at the Thunderbird Arena at the University of British Columbia.

THE CANADIAN PRESS

Field of Play

Scott Russell

Alexandre Bilodeau's gold medal has changed things for Canada. Read Scott Russell at www.metronews.ca.

Canuck boarders told to loosen up

CLOTHING When Olympic snowboard cross racers hit the mountain for the last day of training before the men's event, their conversation slopeside included strategy, track conditions and fashion — especially the Canadians' ever-so-tight snowpants.

American boarders, riding in their baggier gear, have been gently ribbing the Canadians during training runs, telling them to loosen up a little.

"We want to keep the cool factor in snowboarding, we don't want it to go speed suits," Nick Baumgartner said on Cypress Mountain.

Fellow U.S. rider Nate Holland said the Canadian team is pushing the limits of a longstanding gentlemen's agreement to keep

Rules of pants

- The Americans have unsuccessfully called on the International Ski Federation to follow the X Games lead and set a minimum pant-leg width for snowboard cross.



boardercrossers in loose-fitting pants.

The form-fitting team pants worn by some Canadians give them an aerodynamic edge and even threaten the future of snowboard cross itself, he said.

"It's the red-headed stepchild of snowboarding, and so I think it's just really important to keep that integrity intact," Holland said after the last day of men's training before yesterday's Olympic event.

"I'm a snowboarder through and through and boardercross is a freestyle snowboarders' race. I think it should stay that way."

THE CANADIAN PRESS

Canadian snowboarder Robert Fagan

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONWS.CA

Healthy home habits mean healthy kids

CELIA MILNE
for Metro Canada

Is your child headed for obesity? Here's some advice your grandmother might have given you — chances are slimmer that your kids will be fat if they eat meals at home, don't watch too much TV, and get lots of sleep.

Researchers in Ohio analysed data on thousands of four-year-old children to find out whether some good, old-fashioned household habits were associated with lower risk for obesity. And the results were quite dramatic. "Children living in households where they regularly ate dinner as a family, got enough sleep at

night, and were limited in their daily TV viewing were 40 per cent less likely to be obese compared to children who had none of these household routines," said Dr. Sarah Anderson (PhD), assistant professor of epidemiology at Ohio State University and lead author of the study.

Each of the routines had been linked in previous studies to lower obesity, but this was the first time researchers had studied such a large group of children to assess the benefit of using all three routines. "Each of these household routines by themselves was associated with lower risk for obesity, and the more of them children had, the better," said Anderson.

The study involved a national sample of about 8,550 four-year-old children enrolled in the Early Childhood Longitudinal Study in the U.S. Eighteen per cent of the children were obese.

Although every family and every child is different in terms of what's



Kids who eat regular meals with their families are less likely to be obese.

needed, there are a few targets to aim for. "We saw a lower risk of obesity associated with 10 and a half hours of sleep each night, two hours maximum of screen-viewing time per day, and family meals more than five times per week," said Anderson.

Screen time includes time spent watching videos and DVDs.

Establishing these routines probably has other benefits to children's development, such as emotional stability.

"Families with young children may want to consider what it would take

for them to have these routines for their child," she said.

The study is scheduled for publication in the March issue of the journal Pediatrics. Anderson's co-author was Robert Whitaker, professor of public health and pediatrics at Temple University.

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CELIA MILNE
for Metro Canada

ALCOHOL It's a cruel combo. If you consume energy drinks with alcohol, you're probably drunker than you think.

Kids of college and university age will often use energy drinks such as Red Bull with alcohol to boost

their buzz. A study in Florida has found that adding caffeine to alcohol increases the risk of being very drunk and deciding to drive.

Researchers from the University of Florida did interviews with more than 800 randomly selected young people leaving bars late at night. The participants were asked what

they had been drinking and also whether they intended to drive home. Their breath alcohol levels were tested. The study found that those who drank energy drinks mixed with alcohol had a threefold increased risk of leaving a bar highly intoxicated.

More ominously, they were four times more likely to intend to drive that

night than those who only drank alcohol.

"When caffeine is mixed with alcohol it overcomes the sedating effects of alcohol and people may perceive that they are less intoxicated than they really are," said the study's lead researcher

Dennis Thombs, an associate professor in the UF College of Public Health.

Red Bull and vodka may increase chance of reaching for car keys

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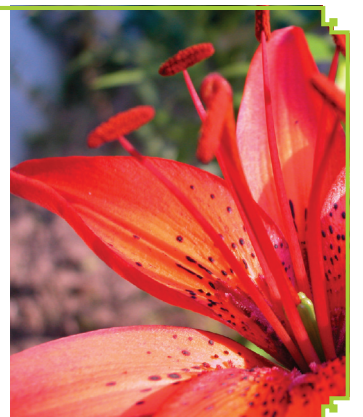
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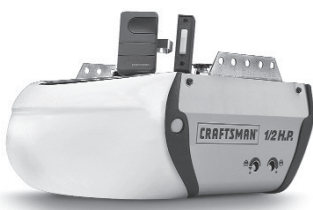
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What is organic?

What makes milk or meat organic? After a drawn-out debate, the U.S. Agriculture Department has significantly narrowed the definition to livestock that spend a third of the year grazing on pasture. **THE ASSOCIATED PRESS**

17

Food



Pancakes in a shake

Celebrate Shrove or "pancake" Tuesday in a pinch (or rather a "shake") with Dr. Oetker's new Shaker Pancake mix. With all the dry ingredients already prepped, all you have to do is add one cup of milk or water to the bottle and shake. The mix is trans fat-free, a source of fibre and prebiotic. (The batter can also be used in a waffle maker). Available at most grocery retailers in Buttermilk or Chocolate Chip flavour for \$2.99.

METRO NEWS SERVICES

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LiquidAssets

Peter Rockwell



metronews.ca/liquidassets

Cheers to B.C.

Confession time — I'm not that big a fan of the Olympics. Ever since they started letting professional athletes compete against other professional athletes, I've soured on the whole concept. That said; it is hard not to get swept up in the "Go Team Canada" vibe of these winter games.

Of course, hosting has its benefits. It's an amazing opportunity to show where our talents lie (and I don't mean just on the ice). Since British Columbia will see the brightest part of the spotlight it's also a chance for the rest of Canada to get a taste for the west. You can do it at home easy enough by raising a glass of B.C. wine.

Selection varies across the country with wines from Mission Hill Family Estate being some of the best and most readily available. Its 2006 Five Vineyards Cabernet Merlot VQA (\$16.45 - \$18.99) from the Okanagan Valley is a ripe mix of plum and cherry fruit that has a subtle Bordeaux vibe that pairs well with most red meats.

Sandhill Estate Vineyard's 2006 Merlot VQA (\$19.95 - \$23.49) also calls the Okanagan home; showing off grilled beef-friendly flavours of dark red berry and cherry.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

Eat like you're at Mardi Gras

You may not get down to New Orleans for Mardi Gras, but that doesn't mean you can't eat as if you're there.

This speedy version of gumbo is prepared in two pans. Combined at the end, the two parts have all the flavour of the traditional hearty dish. If you have the opportunity, letting it sit in the refrigerator overnight will seriously improve the flavours.

While there are many different styles of gumbo across the South — including variations between Creole and Cajun — okra is a must-have ingredient (among other things, it serves as a thickener) of this meat- and seafood-rich stew. Most grocers sell chopped or whole okra in the freezer section.



Fast and Intense Gumbo is a speedy recipe of the traditional hearty meal often associated with Mardi Gras. This dish is best left in the refrigerator overnight to help improve its flavours.

Fast and Intense Gumbo

MAKES 8 SERVINGS

INGREDIENTS:

- 125 ml (1/2 cup) butter, divided
- 50 ml (1/4 cup) all-purpose flour
- 3 cloves garlic, minced
- 375 ml (1 1/2 cups) chopped yellow onion (about 2 small)
- 175 ml (3/4 cup) chopped celery (about 3 stalks)
- 500 g (1 lb) okra, chopped
- 1 can (398 ml/14 oz) diced roasted tomatoes

- with chilies
- 425 ml (1 3/4 cups) water
- 2 ml (1/2 tsp) dried thyme
- 5 ml (1 tsp) sugar
- Salt and ground black pepper
- 500 g (1 lb) sirloin steak, cubed
- 500 g (1 lb) large shrimp, peeled and deveined
- 500 g (1 lb) Andouille sausage, sliced into rounds
- 500 g (1 lb) crab meat
- Juice of half a lemon
- 30 ml (2 Tbsp)

Worcestershire sauce

METHOD:

In a large, heavy saucepan over medium, melt 50 ml (1/4 cup) of the butter. Stir in flour and cook, stirring constantly, until mixture is a deep brown, about 10 minutes.

Stir in garlic, onion, celery and okra. Continue to

cook until onion is translucent and okra is stringy, 8 to 10 minutes. Add tomatoes, water, thyme, sugar, 5 ml (1 tsp) salt and 1 ml (1/4 tsp) pepper. Simmer for 20 minutes.

Meanwhile, in a large deep skillet over medium-high, melt remaining butter. Add 2 ml (1/2 tsp) salt, 1 ml (1/4 tsp)

pepper and steak. Sear beef, turning occasionally, for about 3 minutes. Add shrimp and saute until pink, about 2 minutes. Add sausage, crab, lemon juice and Worcestershire sauce. Stir gently to heat through.

The mixtures can be combined in one pan to form the traditional stew-like dish, or the meat and seafood can be served over the vegetable mixture.

THE ASSOCIATED PRESS

Mardi Gras, a.k.a. "Fat Tuesday" is today!

Chefs expand notion of 'food porn'

NEW SHOW With a little help from Martha Stewart, Anthony Bourdain wants to expand America's notion of food porn.

Bourdain, the celebrity chef whose habit of slinging strong opinions and foul language has earned him a culinary bad boy rap, launches a no-holds-barred satellite radio program this week on Sirius XM's Martha Stewart Living Radio.

Among his goals? See just how uncomfortable he can make co-host and friend Eric Ripert, chef at Le Bernardin in New York.

"We're going to be doing a segment that we call food porn," he said in a telephone interview, referring to the excessively sumptuous and sometimes

sexualized words and photography often used in food media.

The show, called Anthony Bourdain and Eric Ripert: Turn & Burn, will run for five weeks starting Thursday. It will cover numerous food subjects; listeners also can call in with questions.

The idea for the show developed after Bourdain and Ripert appeared together last year on Stewart's radio program, At Martha's Table.

"My feeling is if Martha Stewart asks you to do something, you do it," Bourdain said of the new program. **THE ASSOCIATED PRESS**



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Production on 24 has been suspended so Kiefer Sutherland can undergo a "minor elective procedure" after a cyst near his kidney ruptured last week. The 43-year-old actor missed work Friday, but production continued without him. [TVGUIDE.COM](#)

Entertainment

EDITOR: DEAN.LISK@METRONews.CA



Name in the sky

Jim Carrey hired a skywriter to declare his love for Jenny McCarthy. The actress tweeted: "Just had sky writer come over our house and write J (heart) J in the sky. So fun. Anybody in LA go look at the sky." [FEMALEFIRST.CO.UK](#)

The Beat down

Franco Howls like Ginsberg in new film

NED EHRBAR
for Metro Canada

Actor, director, graduate student and recent General Hospital guest star James Franco comes to the 60th annual Berlinale film festival with *Howl*, a film that blurs the lines between narrative and documentary in which he stars as Beat Generation writer Allen Ginsberg.

Franco tells Metro about playing Ginsberg, attending Columbia University and why he doesn't like starring in his own films.

Q Was Ginsberg your favorite Beat writer?

A When I was younger, we probably read more Kerouac than Ginsberg. In the States at least, there are a lot of young people that are attracted to the Beats at a certain age. I was certainly attracted to them, but I think it's a fairly common

experience. As an actor, I always thought I would play Kerouac or Neal Cassady. I never thought I would play Allen Ginsberg. So it was kind of a surprise when they asked me to do that. I was a fan, but I guess I just had to convince myself that I was right for it or that I could do it.

Q Did you find the prospect of reading Ginsberg's poem *Howl* in the film daunting?

A No. I was pretty familiar with the poem. And I do readings like the one that's portrayed in the film, so it's something that I was fairly used to. It's just that I had to read it as if I was Ginsberg. He reads in a particular way, so it was just a matter of listening to his readings. There are probably six decades' worth of Ginsberg reading that poem, so I had a lot of material to draw from. I live in New York so I walk a lot, so it was just a case of listen-

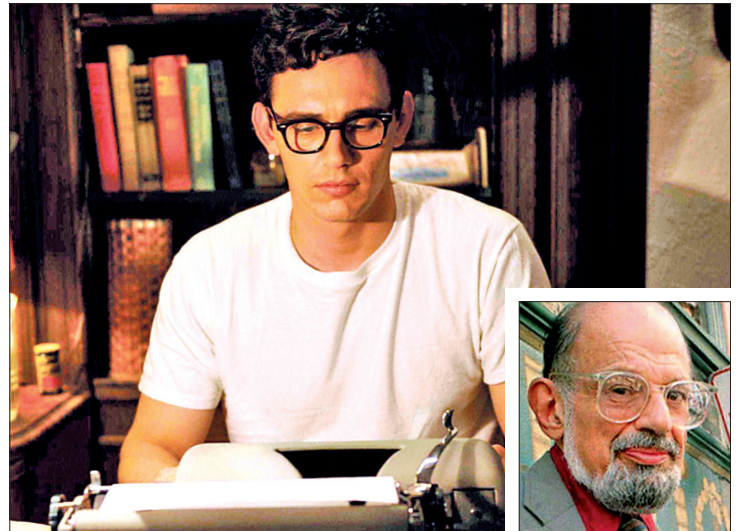
ing to him every time I walked to school.

Q What prompted your return to school?

A I'd been acting for about eight years, and then I got a new understanding of what it was to be an actor. I realized that filmmaking is a director's medium, and as an actor I had a limited kind of participation in films.

It's fine, I'm happy to fulfill that role as an actor, but I had other interests. So I went back to school. For me, school is very grounding. It's a way of studying other artists and writers and filmmakers. It's a much more grounded and intellectual way to study what I love.

Q You also have two short films you directed in the festival. Do you see that as separate from your acting career?



James Franco, above, plays legendary Beat Generation poet Allen Ginsberg, right, in the new movie *Howl*.

A Yes. I don't act in those films. I love the idea of collaborating with actors who I look up to. It's a different experience and it's very rewarding. I've directed myself. Before I went to film school, I did three low-budget feature films and I acted in all of them because I was very insecure as a director. I didn't want to give the scripts to any actors

that I really respected. I didn't find it that difficult to switch hats in the middle of the process. It's just not an enjoyable experience.

Q What do you have coming up next?

A I'm going to do a movie with Danny Boyle called 127

Hours. It's based on the true story of Aaron Ralston, a mountain climber who accidentally got his arm trapped under a boulder in Utah while hiking. He was stuck there for five days and eventually cut his arm off with a pocket knife to escape. And he survived. We're going to shoot in Utah at the actual site where it happened.

Harrelson fights against Captain Industry

RICHARD CROUSE
for Metro Canada

Just 24 hours before going into production on *Defendor*, a funny, genre-busting superhero movie, director Peter Stebbings got a mixed message from his star Woody Harrelson.

"Woody invited me to his place and said 'I have never been more unsure about what I'm going to do on a movie as I am on *Defendor* and I've never been as OK

with that as I am on *Defendor*,'" says the director.

Harrelson was prepping himself to play Arthur, an emotionally stunted man who, with the help of a homemade costume and makeshift weapons, embarks on a crime fighting spree to bring down his arch enemy, Captain Industry, in his hometown of Hamilton, Ont.

"My nerves were a jangle," says Harrelson.

"I felt like I was out of my turf. It's one of those things

that you can study and look at it from a lot of angles, which I did, but that doesn't mean you know what you're doing on the day they say 'Action!'"

Turns out the pre-game jitters were dispelled on the first day when Harrelson shot some of the film's most difficult, emotional scenes — a series of psychological interviews opposite actress Sandra Oh.

"I'm glad it happened like that," he says. "It pushed me. I didn't know

what I was doing but at the end of that day I told my buddy, 'Rudy, I think I'm getting it.'"

Stebbins courted Harrelson for the part after seeing him in *No Country for Old Men*.

"I had two thoughts," he says. "One: Where has he been? He took a six year hiatus, and secondly, what a great jaw line. I thought he's never been bad in anything he's done and he's al-

ways a sympathetic character so I was thrilled when he was excited to be a part of it."

Despite his initial anxiety Harrelson is pleased with the result.

"I like the fact that Arthur is going after Captain Industry because, to me, I look at what's wrong with the world and it's the captains of industry — the greedy bastards who control the politicians."



Woody Harrelson is on a quest to bring down arch enemy Captain Industry in *Defendor*.

Defendor opens in theatres on Friday



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Bigelow coming to HBO

Academy Award nominee Kathryn Bigelow's next project will bring her to the small screen: The Hurt Locker director has been tapped to make an HBO pilot, *The Miraculous Year*, according to *The Hollywood Reporter*. **TVGUIDE.COM**



Jolie talks Haiti visit

CNN's Christiane Amanpour recently spoke to actress Angelina Jolie about her experiences in Haiti for her 30-minute interview show Amanpour. Here is Metro World News' exclusive excerpt from that interview.

Q In the two days you have been there what are your impressions?

A It is absolutely the most complex post-disaster situation I think anybody, whether government or U.N., has ever faced. But what is being done is extraordinary, and the Haitian people are so dignified. They're calm, they're helping themselves. They inspire me. I see many children with amputations who are smiling and strong and talking about their future. You realize that these people have suffered so much for so long that, in fact, they are so resilient. It's almost sad how used to struggling they are.

Q What motivated your visit?

A A few different things. I wanted to understand how the UNHCR could handle about 10 million internally displaced people.

Even before the earthquake three-quarters of the population had no education. There was no civil registry, meaning no birth certificates, no land certificates, no death certificates. So how exactly is everybody going to start to organize these people when even registering them is a new challenge that everybody's facing.

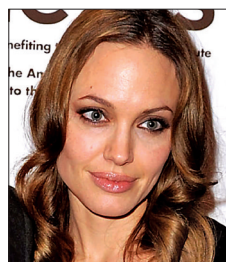
Q The head of UNICEF alerted us to be aware of trafficking. How best can we protect the children?

A Well, I think we

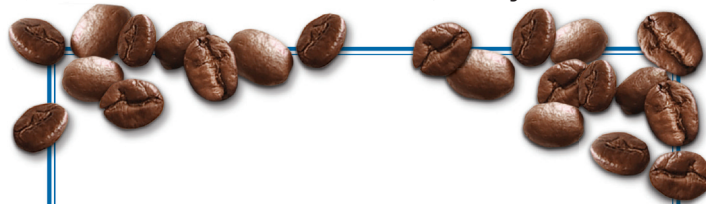
have to enforce the law and work with the government. I know there's a new child protection cluster that's formed that's doing everything they can to kind of coordinate. They're talking a lot about reunification. I talked to ICRC about this reunification programme, because that's the most important thing, to try to track everybody. But as we said, it's

very difficult without birth registrations. And for myself, as somebody who is an adoptive parent, I understand the urge to assist in that way, but now is not the time. An emergency is not the time for new adoptions anyway. I'm personally going to assist in-country organizations like SOS that, in fact, do raise orphans in country with widows.

BY CHRISTIANE AMANPOUR/CNN



Angelina Jolie



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Airline apologizes to not-so-silent Smith

Kevin Smith says he's "way fat," but that shouldn't stop him from flying.

The director and actor says a pilot ejected him from a Southwest Airlines flight from Oakland to Burbank, Calif., saying he didn't fit properly in a single seat.

Smith raised a stink about the incident on his Twitter page Sunday, saying "I'm way fat, but I'm not there just yet," and "If you look like me, you may be ejected from Southwest Air."

He posted a picture of himself sitting on the plane with his cheeks puffed out.

Southwest says its "Customer of Size" policy requires that travellers must be able to fit safely and comfortably in one seat or make other arrangements.

After a storm of angry online comments from Smith and his fans, the airline issued an apology first from its own Twitter account and later in a statement on its website titled Not So Silent Bob, a jovial jab at the Silent Bob character Smith plays in many of his films.

"We would like to echo our tweets and again offer our heartfelt apologies to you," the statement said.

"I'm way fat, but I'm not there just yet... If you look like me, you may be ejected from Southwest Air."

Director Kevin Smith



Director Kevin Smith raised a stink on his Twitter page about his ejection from a Southwest Airlines flight.

The airline said it also accommodated Smith on a later flight, gave him a \$100 voucher and apologized by phone.

Both Smith and the airline acknowledged that he had bought two seats for his original flight from Oakland, where he had spoken at the Macworld Expo conference.

But he was flying standby in order to catch an earlier flight, and only one was available.

Smith insisted that he was still able to put both armrests down and buckle his seat belt, which is Southwest's standard.

Smith is the director of the new Bruce Willis movie *Cop Out*, and previously directed the films *Clerks* and *Chasing Amy*.

THE ASSOCIATED PRESS

DVD picks

Law Abiding Citizen

Directors: F. Gary Gray

TAKE MOVIE vigilantism to its horrific extreme and the result is *Law Abiding Citizen*, a brutally effective and alarmingly cathartic combination of *Death Wish* and *Saw*.

You have to credit director F. Gary Gray (Friday) and screenwriter Kurt Wimmer (*Street Kings*) for recognizing the darkest instinct of vengeful vigilantes and their societal cheerleaders: They don't

just want bad guys imprisoned, they want them destroyed.

That's the psychological ledge Gerard Butler's Clyde Shelton is pushed out on, after he witnesses two men rape and murder his wife and young daughter in his own home.

Previously a believer in the justice system, this mild-mannered engineer suffers a psychotic reversal after showboating Philadelphia prosecutor Nick Rice (Jamie Foxx) cuts a deal with one of the killers. The main bad guy gets a re-



duced prison sentence in return for testifying against his oafish accomplice, who goes to Death Row.

The film becomes in-

creasingly implausible. Yet it maintains incredible momentum, thanks in no small part to strong performances by Butler and Foxx.

DVD extras include a commentary by producers Lucas Foster and Alan Siegel and several featurettes that explore the justice issues raised by the film.

Coco Before Chanel

Director: Anne Fontaine
THE CREATION of a defining style and the relentless

promotion of it are the hallmarks of all major talents, and fashion designer Coco Chanel seemed to understand this right from the cradle.

As seen in *Coco Before Chanel*, a movie of invention more than romance, the young French fashionista was creatively wielding her scissors and influence long before her name became synonymous with an iconic jacket, perfume and little black dress.

Anne Fontaine's impressively understated film is structured as a literal rags-

to-riches tale. It follows Chanel from her impoverished beginnings as an abandoned child raised by nuns up to her late 20s, and the start of her fashion empire in the early part of the last century.

But it's really a showcase of discovery, both of Chanel's ability to manifest her own destiny and of Audrey Tautou's uncanny ability to channel the designer's drive and resolve.

Extras include a commentary by Fontaine and several featurettes.

Peter Howell/for Metro Canada

Goldie Hawn wants to set up a Buddhist school in the U.K. The actress runs educational charity The Hawn Foundation in the U.S., which teaches children the Buddhist technique of Mindfulness training. FEMALEFIRST.CO.UK



This season's cast of the Amazing Race.

Upton stumbles in Amazing Race

TV Caite Upton is already not following directions on The Amazing Race.

The former Miss Teen South Carolina, who famously flubbed a 2007 pageant question involving maps, and her boyfriend, Brent Horne, were in the front of the pack on the CBS reality series' 16th season premiere Sunday, but they didn't heed instructions to ride a funicular train and received a 30-minute penalty, dropping them from second to seventh place.

"We wrote on our hands at the beginning of the race details," Horne said, holding up his ink-stained

paw.

"Unfortunately, mine kind of rubbed off, so I guess that's why we forgot," Upton joked.

Horne and Upton weren't the only team to blunder. Daniel and Jordan Pious, brothers from Barrington, R.I., lost a brush during a house painting task, incurring a 15-minute penalty at the finish line. Another pair of brothers, cowboys Jet and Cord McCoy from Tupelo, Okla., exchanged U.S. dollars for Brazilian reals — even though they were on their way to Chile.

The show airs every Sundays. **THE ASSOCIATED PRESS**

Bachelor defends his choices

Viewers angered by some of the reality tv show departures

If you don't like the decisions Jake Pavelka has made this season on The Bachelor... tough.

The starry 32-year-old commercial flight instructor, who has flown through the 25 women vying for his affection faster than any leading man on the seemingly never-ending ABC dating franchise, says he doesn't need to justify his romantic choices to the show's fans, who have been especially vocal that he kept fire-starter Vienna Girardi around.

"I don't have anything to apologize for," Pavelka declared during a recent interview.

Girardi, a 23-year-old marketing representative from Geneva, Fla., has been the source of much drama this season and is one of three remaining women, all of whom Pavelka has professed he loves. The other two competing are 26-year-old swimsuit model Gia Allemand from New York and 25-year-old college admissions representative Tenley Molzahn from Newberg, Ore.



The remaining bachelorettes, from left, Tenley Molzahn, Gia Allemand, and Vienna Girardi toast with the Bachelor Jake Pavelka, a 32-year-old commercial flight instructor.

"I know that America doesn't really understand," Pavelka said. "It sounds so jaded and so bad, but who is the authority that says the human heart can't be in love with more than one girl at the same time? That's what I was taught, that it can only happen

with one girl at a time, but that's not the truth. I was crazy about Ali, Vienna, Tenley and Gia."

Viewers were distraught Pavelka did not try harder to persuade Ali Fedotowsky, one of the four contenders remaining on last Monday's instalment,

to stay after the Facebook advertising account manager revealed she would lose her job if she didn't go back to work. Pavelka did not think Fedotowsky would actually leave, and doing so "broke my heart that night."

THE ASSOCIATED PRESS

eyes ON TV CALGARY

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267 351 - ACCESS	Alberta Primetime (Live)	Past Life 'Soul Music'	American Idol Part three of the Hollywood round. (N)	Primetime						
243 317 3 CFCN	(4) XXI Winter Olympics Hockey, Figure Skating, Medal Ceremonies. (Live)	XXI Winter Olympics Speed Skating.	Two/Half Men	Two/Half Men	Metropia					
- 4 OMNI	King/Queens	The Simpsons	Lost 'What Kate Does'	Lost Locke seeks help.	the forgotten					
- 371 5 KXLV	4 News at 6	4 News at 6:30	Kids in-Hall	Comedy Fest	The Hour					
245 306 6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	NCIS: Los Angeles	News Hour				
244 338 7 CICT	ET Canada	Entertainment	The Good Wife (HDTV)	NCIS (HDTV)	NCIS: Los Angeles	News Hour				
246 - 8 CKAL	Law & Order: Special Victims	Dark Blue	How I Met	Accidentally	Scrubs	Better Off Ted	EP Daily			
119 705 9 CBXFT	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Trauma (HDTV) (N) (SC)	Le Téléjournal Nouvelles. (SC)	TJ Alberta				
- 10 SHAW	(6) Local Programming				Local Programming					
- 372 12 KREM	News	Access H.	The Doctors	NCIS: Los Angeles	The Good Wife					
- 374 14 KSPS	PBS NewsHour (N)	NOVA (HDTV) (DVS)	Wild Lives	Frontline (HDTV) (DVS)	The Independent					
502 395 15 CBC	CBC News: The National	CBC News: the fifth estate	CBC News: The National	CBC News: The National	CBC News: The National	fifth estate				
- 370 16 KHQ	KHQ-News 6	Millionaire	Jeopardy! (N)	Wheel Fortune	XXI Winter Olympics Figure Skating, Snowboarding, Speed Skating, Sking					
- 373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol Part three of the Hollywood round. (N)	News				
297 652 37 WPX	Melrose Place (HDTV)	PIX News at Ten Tong.	Two/Half Men	Friends	Friends	According-Jim	Family Guy			
500 500 29 CNN	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Two/Half Men	Friends	Friends	Larry King Live	Cooper 360			
508 502 31 CNN2	The Joy Behar Show	Nancy Grace	Showbiz Tonight	The Joy Behar Show	The Joy Behar Show	Nancy Grace				
400 400 21 TSN	(4) XXI Winter Olympics Curling, Snowboarding, Sking, Biathlon. (HDTV) (Live)									
408 418 27 net	(4) XXI Winter Olympics Speed Skating, Figure Skating, Snowboarding, Sking. (HDTV) (Live)									
410 403 30SCORE	(6) Court Surfing NBA news, scores and highlights.									
411 457 44 OLN	Operate-Repo	Operate-Repo	Ghost Hunters	Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters			
417 406 48 SPEED	Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)	Pass Time	NASCAR Hub	Super Bikes!	Super Bikes!			
552 543 20 YTV	iCarly	To Be Indie	Fries That?	Prank Patrol	The Next Star	The Next Star	Family Biz			
557 541 39 FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	Latest Buzz	Ned's School	
555 545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	
575 583 11 CMT	According-Jim	Home Improve.	Home Improve.	Home Improve.	Shaye: This Is It	Amer. Funniest Home Videos	Reba			
553 546 17 TREE	Little Bear	Maggie-Beast	Babar	Zigby	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!	
505 398 19 TWN	(5) EarthWatch One	EarthWatch One	Supernanny	Shopping Bags	Grocery Bag	Beauty Call	Style by Jury	Look Good		
602 568 23 W	House-Sell	House-Sell	Supernanny	Cake Boss (HDTV)	Restaurant Makeover	Diner, Drive-In	Unwrapped	Hell's Kitchen		
521 560 24 TLC	19 Kids-Count	19 Kids-Count	Little Couple	Little Couple	Good Eats	Good Eats	19 Kids-Count	19 Kids-Count	Little Couple	
603 561 25 FOOD	He'll's Kitchen	He'll's Kitchen	Good Eats	Good Eats	Paranormal	Paranormal	(10:01) Criminal Minds	Psychic Kids		
615 520 26 A&E	Psychic Kids: Paranormal	Paranormal	Paranormal	Paranormal	Paranormal	Paranormal	(10:01) Criminal Minds	Psychic Kids		
617 522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter	Relic Hunter	My Name Is Sarah (2007, Romance-Comedy)	Weird Science ** (1985, Comedy)	Without a Trace	Callas		
601 562 33 SLICE	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	What Happen?	Real Housewives of New York	Housewives		
- 633 34 ENC2	Miss Spider	(7:20) Carver's Gate (1995, Science Fiction)	Swamp Loggers (N)	Swamp Loggers (N)	Callas	Callas	(10:35) Sixteen Candles	Swamp Log.		
520 505 35 DISC	Destroyed	Destroyed	Swamp Loggers (N)	Swamp Loggers (N)	Callas	Callas	(10:35) Sixteen Candles	Swamp Log.		
620 523 36 BRAVO	Callas	Callas	Callas	Callas	Callas	Callas	Callas	Callas		
294 650 40 WPCB	Law & Order: Special Victims	Biker Boyz ** (2003, Action) Laurence Fishburne.	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas		
526 547 41 COM	Just for Laughs	Air Force	22 Minutes	Corner Gas	Corner Gas	Corner Gas	Corner Gas	Corner Gas		
- 539 42 TCM	(6) Some Like It Hot	(8:15) The Odd Couple *** (1968, Comedy)	UFC Unleashed (HDTV)	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed	UFC Unleashed		
628 584 43 SPIKE	UFC Unleashed (HDTV)	Blue Mountain	Blue Mountain	Blue Mountain	Blue Mountain	Blue Mountain	Blue Mountain	Blue Mountain		
522 516 45 HIST	Ancients Behaving Badly	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries		
627 528 46 SPACE	Medium	Fringe	Fringe	Fringe	Fringe	Fringe	Fringe	Fringe		
- 47 AMC	(6) Enter the Dragon (1973, Adventure)	Enter the Dragon *** (1973, Adventure) Bruce Lee, Jim Kelly.	Enter the Dragon	Enter the Dragon	Enter the Dragon	Enter the Dragon	Enter the Dragon	Enter the Dragon		
619 525 49 TROP	End of Leash	Last 10	Parking Wars	Parking Wars	Rescue Ink	Dog Whisperer	Million Dollar Listing	End of Leash		
600 561 50 HGTV	Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes on Homes	Million Dollar Listing	Million Dollar Listing	Million Dollar Listing		
501 391 52 CTV	CTV News Tonight	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News		
504 508 70 BNN	Squeeze Play	Business News	Commodities	Commodities	Market Call Tonight	Headline	Commodities	Squeeze Play		
526 507 92 VIVA	The Closer	Cold Case "The Key"	Psychic Inv.	Encounters	Judging Amy	Judging Amy	Judging Amy	Judging Amy		
269 350 93 APTN	XXI Winter Olympics Hockey.	XXI Winter Olympics Curling. From Vancouver, B.C. Curling, men's: USA vs. Norway.	XXI Winter Olympics Curling.	XXI Winter Olympics Curling.	XXI Winter Olympics Curling.	XXI Winter Olympics Curling.	XXI Winter Olympics Curling.	XXI Winter Olympics Curling.		
- 94 QP	World News	My Queen	Immortal Yi, So	Immortal Yi, So	Immortal Yi, So	Immortal Yi, So	Immortal Yi, So	Immortal Yi, So		
571 581 100 MCM	HammerTime	Gimme Sugar	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base		
570 580 101 MM	My Date With...	Love Court	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base	MOD Live at the Base		
581 566 102 MTV	Buried	Life of Ryan	16 and Pregnant (N)	16 and Pregnant (N)	16 and Pregnant (N)	16 and Pregnant (N)	16 and Pregnant (N)	16 and Pregnant (N)		
- 116 TV5	Parité autrement	ADN	Nouva	Nouva	Nouva	Nouva	Nouva	Nouva		

critics' corner

Paranormal Cops
In the series finale, "Messages From Beyond," a fellow police officer calls Ron and the team in to help uncover the mysteries surrounding his night job as a security guard at a banquet hall, where the investigators find there could be multiple spirits trying to communicate with the living. 8:30 PM on A&E



The Good Wife
Alicia (Golden Globe winner Julianna Margulies) gets ready to defend a scientist accused of arson, but she is caught off guard when Peter's (Chris Noth) attorney (Joe Morton) asks her to testify sooner than she had expected on Peter's behalf. Christine Baranski, Josh Charles and Matt Czuchy also star in "Unprepared." 8 PM on CICT; 11 PM on KREM

NCIS: Los Angeles
Who shot Callen? The team gets a lead from a surprising source in this episode. The murder of a Russian woman leads Hanna (LL Cool J) and company to evidence that answers not only who tried to take Callen's life six months earlier, but why. Linda Hunt, Peter Cambray, Daniela Ruah and Adam Jamal Craig also star in "Pushback." 10 PM on CICT KREM

Do you want fries with that?

Agent Jason Trawick took girlfriend Britney Spears to McDonald's for Valentine's Day, usmagazine.com reports. The couple was spotted at a drive thru in Los Angeles Sunday afternoon. **METRO NEWS SERVICES**



Celebrity Buzz

etalk's Lainey Lui dishes out celeb dirt in three's



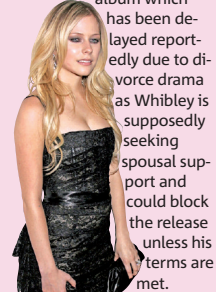
Three Talk
with Lainey Lui

AVRIL LAVIGNE. When she was just 14, Avril Lavigne won a singing competition to perform with Shania Twain. Since then she has sold 30 million albums worldwide and is now at once a musician, a model, an actor, and a designer, and will be featured on the upcoming soundtrack for Tim Burton's *Alice in Wonderland*. The newly single artist will release her fourth album this year. Here are three things you might not know about Avril Lavigne:

ONE The designs for her "juniors lifestyle brand" Abbey Dawn are featured in an online videogame called *Stardoll* where users can dress up their favourite starlets in Avril's clothes.

TWO Lavigne had a small pink heart with the letter "D" tattooed on her right wrist to honour her now estranged husband Deryck Whibley.

THREE Lavigne and Whibley worked together on her new album which



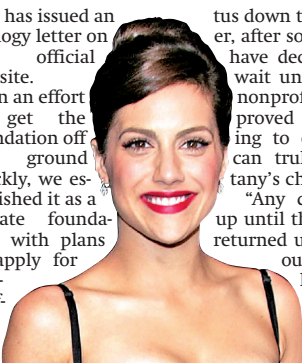
Lainey Lui is a reporter for etalk and runs the popular gossip site, LaineyGossip.com. As part of CTV's Olympic Broadcast Team, Lainey is on the ground in Whistler reporting on entertainment news from the Vancouver 2010 Olympic Winter Games.



Charity returns funds

ACCIDENTS HAPPEN... The Brittany Murphy Foundation, which is run by Murphy's husband, Simon Monjack and mother, Sharon Murphy, hadn't filed the necessary documents to qualify as a charity or nonprofit group and is now returning all the donations, popeater.com reports. On Sunday, TMZ first reported that the foundation was not registered as a charity with the IRS or the state of California, as required by law. The founda-

tion has issued an apology letter on the official website. "In an effort to get the foundation off the ground quickly, we established it as a private foundation with plans to apply for nonprofit status down the road. However, after some thought, we have decided instead to wait until we have our nonprofit status approved before proceeding to ensure that we can truly honour Brittany's charitable desires. "Any donations made up until this point will be returned until we have all our paperwork solidified," the letter reads.



METRO NEWS SERVICES

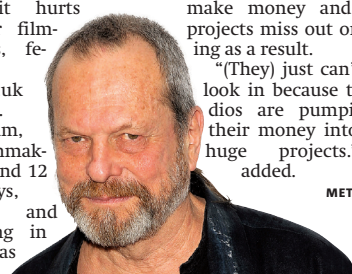
Gilliam says Cameron is hogging all the money

DAMN HIM FOR MAKING GOOD FILMS Terry Gilliam has criticized the box office smash *Avatar* claiming that it hurts smaller filmmakers, female-first.co.uk reports.

Gilliam, the filmmaker behind 12 Monkeys, Fear and Loathing in Las Vegas

and *The Imaginarium of Doctor Parnassus*, claimed that James Cameron's movies are just designed to make money and other projects miss out on funding as a result.

"(They) just can't get a look in because the studios are pumping all their money into these huge projects," he added.



METRO NEWS SERVICES

Tiger gets a new toy

AND NO, IT'S NOT THAT KIND OF TOY Amid the scandals plaguing him and his marriage currently, Tiger Woods does have one thing he can reportedly look forward to: A new boat.

The 61-foot dive boat, christened Soli-

tude, was built over the last two years and cost \$1 million to \$2 million US, sources tell People magazine.

"(It's) a dive boat and was designed for Elin (Nordegren), who loves the sport," a source says.



METRO NEWS SERVICES

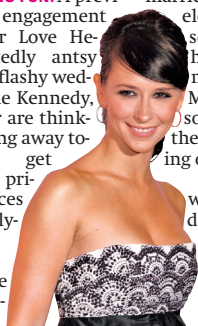
Love Hewitt looking to elope?

AFTERALL, GETTING LEFT AT THE ALTAR IS NO FUN. A previous botched engagement has Jennifer Love Hewitt reportedly antsy about a big, flashy wedding to Jamie Kennedy, and the pair are thinking of slipping away together to get hitched in private, sources tell Hollywood Life.

"Jennifer and Jamie are definite-

ly planning on getting married, but she wants to elope because she was so humiliated over her broken engagement (to actor Ross McCall)," says a source who spotted the pair in Vegas checking out wedding chapels.

"Jamie wants a big wedding, but she's dead set on eloping and she dragged the poor guy from chapel to chapel."



METRO NEWS SERVICES

Montag looking to get even bigger boobs done

I DON'T KNOW WHY SHE WANTS TO GET BIGGER. SHE'S ALREADY MARRIED TO THE BIGGEST BOOB Heidi Montag will be getting more plastic surgery — just not anytime soon, people.com reports.

"Eventually," she says, "for maintenance." The MTV star, who has been a lightning rod since undergoing 10 proce-

dures in one day, is thrilled with her new look, saying on the weekend that it was "the best decision I've ever made."

"My favorite part, I think one of them is my chin. I think that's what I was so excited about," Montag said. "And I love my boobs but .. I didn't get them as big as I originally wanted."



METRO NEWS SERVICES

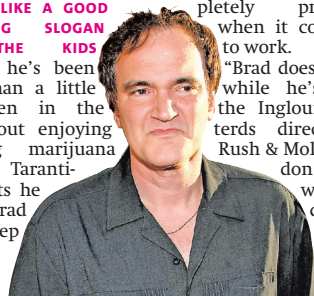
No smoking dope at work

SOUNDS LIKE A GOOD ANTI-DRUG SLOGAN FOR THE KIDS

Though he's been more than a little outspoken in the past about enjoying smoking marijuana, Quentin Tarantino insists he and Brad Pitt keep things com-

pletely professional when it comes time to work.

"Brad doesn't smoke while he's acting," the *Inglourious Basterds* director tells Rush & Molloy. "And I don't smoke while I'm directing."



METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

MATTHEW PERRY wants to like figure skating and luge, **KIRSTIE ALLEY** doesn't have anything nice to say, and **BEN STILLER** doesn't like having his snapshots criticized.

@langfordperry Trying very hard to get into the winter olympics...

@kirstiealley back from the movies...won't comment on which one because it sucked and I don't want to speak ill of my profession....what up?

@redhourben Surprised by the overwhelming negative response to

quality of the photo sent and assumption of intoxication. Want art, Follow @Ansel Adams.



METRO WORLD NEWS



THREELICIOUS*



a Little Piece of Happy.



Today
Partly cloudy
3°C / -7°C

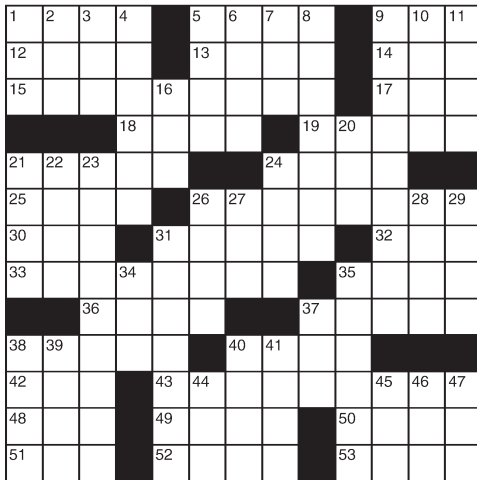


Wednesday
Partly cloudy
2°C / -5°C



Thursday
Partly cloudy
-3°C / -8°C

Take Five



1 Office part-timer
5 Bedouin
9 Sheep's call
12 Operatic solo
13 Pop
14 "Well, — be!"
15
Overpublicizes
17 Prune
18 Tested the polygraph
19 Department store stats
21 Libreville's country
24 Easter flower
25 Addict
26 Goalpost part
30 Have a bug
31 Jack
32 Mentalist
Geller
33 Wild ducks
35 Tend texts
36 Tug
37 Punch-bowl accessory
38 Rise
40 Paraphernalia
42 Common

Mkt.
43 India's movie industry
48 Cheerleader's cry
49 War god
50 Busy with and enjoying
51 Milwaukee product
52 Kelly or Hackman
53 Obtains

Capone
21 Trans-Pacific stopping point
22 Largest of the seven
23 Complain
24 Privation
26 Bottle stopper
27 Disencumber
28 Seed coat
29 Ceremony
31 Purse
34 PC linkup system
35 Nocturnal insect
37 Minstrel's song
38 Antitoxins
39 Blue shade
40 Secluded valley
41 Otherwise
44 Raw rock
45 Indivisible
46 Mel of baseball lore
47 Two, in Tijuana

DOWN
1 Bill
2 Historic time
3 Wire measure
4 Wan quality
5 Arthur of tennis
6 Crucifix
7 Big bother
8 String musician
9 Melville hero
10 Lotion additive
11 Swiss range
16 Yang counter-part
20 Capp and

Andrew Schultz, Meteorologist — Breakfast Television

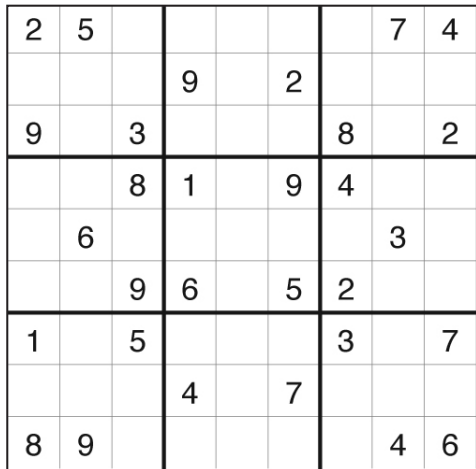
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta."

WEEKDAYS AT 6 A.M.

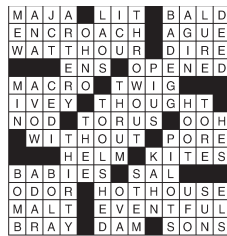
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Rice-stuffed Cornish Hens

INGREDIENTS:

5 1/2 cups (1,375 ml) water, divided
2 tsp (10 ml) chicken bouillon
1 1/2 tsp (12 ml) salt
3/4 cup (175 ml) wild rice
1 1/2 cups (375 ml) long grain rice
1 lb (500 g) pork sausage
1 1/2 cups (375 ml) chopped celery
3/4 cup (175 ml) chopped onion
6 Cornish hens
1 jar apricot preserves

METHOD:

1. Boil 5 cups (1.25 l) water, bouillon and salt. Add wild rice; cover and simmer 20 minutes. Add long grain rice; cover and simmer 25-30 minutes longer or until water is absorbed.
2. In large skillet, cook sausage, celery and onion over medium heat until

meat is no longer pink; drain. Stir in rice mixture. Spoon 3/4 cup (175 ml) stuffing into each hen.
3. Place remaining stuffing in greased 2-L baking dish; cover and set aside. Place hens on rack in shallow baking pan; tie drumsticks together. Bake, uncovered, at 350°F (180°C) 40 minutes.
4. In small pot, boil preserves and remaining water. Pour over hens. Bake 25-35 minutes longer, basting occasionally.
5. Place baking dish of stuffing in oven for last 35-40 minutes of hens' baking time.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20



You will be forced to admit today, if only to yourself, that an ambition you have cherished for many a year will never be realized.

LIBRA SEPT 23-OCT 23



Don't over-dramatize situations that are difficult enough already. With Saturn transiting your sign you must strive to keep things simple.

TAURUS APRIL 21-MAY 21



Something that has been developing slowly but surely for many months is about to pay off and the rewards are likely to be substantial.

SCORPIO OCT 24-NOV 22



For some strange reason you seem to believe that your ideas are second rate, but if anything they are sharper and better than ever.

GEMINI MAY 22-JUNE 21



Some people learn from their mistakes, others repeat them again and again. If you are one of the former then what happens next won't hurt you.

SAGITTARIUS NOV 23-DEC 21



Your chances of getting ahead on your own will be limited over the next 24 hours, and you must choose between lowering your sights and teaming up.

CANCER JUNE 22-JULY 22



The next 24 hours are going to be of huge importance to you. No matter how bad certain issues may get you must not throw in the towel.

CAPRICORN DEC 22-JAN 20



There is an aura of invincibility around you and even people in positions of power will sense you are on unbeatable form and resist the temptation to interfere.

LEO JULY 23-AUG 23



You rather enjoy getting rid of things that are outdated, but not everything that is old is useless and you would do well to remember that fact today.

AQUARIUS JAN 21-FEB 18



You can sense that something is about to go out of your life but because you don't know what it is you fear the worst. There's no need. It's very much for the best.

VIRGO AUG 24-SEPT 22



Certain things cannot be done because you don't have the resources to pursue them effectively.

PISCES FEB 19-MARCH 20



If you feel yourself sinking into a negative mood today just take a look around you and see how fortunate you are compared to most other people.

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Savvy saver - Moderate
partial city view rm.
Mar. 18 & 21 • 1 wk.

\$799

*Taxes & other fees (including service charges): \$140

JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4 ★
All-Inclusive • Standard rm.
Mar. 1, 8 & 15 • 1 wk.

\$1229

*Taxes & other fees (including service charges): \$270

Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Mar. 1, 8 & 15 • 1 wk.

\$1399

*Taxes & other fees (including service charges): \$270



CUBA

Santa Clara

Sol Cayo
Santa Maria • 3 1/2 ★
All-Inclusive • Standard rm.
Feb. 24 • 1 wk.

\$869

*Taxes & other fees (including service charges): \$218

Barceló Cayo
Santa Maria • 4 ★
All-Inclusive • Junior suite
Mar. 3-24 • 1 wk.

\$999

*Taxes & other fees (including service charges): \$218

DOMINICAN REPUBLIC

Punta Cana

Gran Bahia Principe
Punta Cana • 5 ★
All-Inclusive • Junior suite
Feb. 23 • 1 wk.

\$1099

*Taxes & other fees (including service charges): \$302

MEXICO

Puerto Vallarta / Riviera Nayarit

Barceló La Jolla
De Mismaloya • 4 ★
All-Inclusive
Junior suite deluxe
Mar. 13 & 20 • 1 wk.

\$1099

*Taxes & other fees (including service charges): \$272

Cancun / Riviera Maya

Barceló Maya
Beach Resort • 4 1/2 ★
All-Inclusive • Standard rm.
May 30 • 1 wk.

\$1169

*Taxes & other fees (including service charges): \$282

Gran Bahia Principe
Tulum • 5 ★
All-Inclusive • Standard rm.
May 30 • 1 wk.

\$1199

*Taxes & other fees (including service charges): \$282

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Celebrity SummitSM
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\$1399

*Taxes & other fees (including service charges): \$302

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Cancun / Riviera Maya
Gran Meliá Cancun • 5 ★
All-Inclusive • Deluxe rm.
May 30 • 1 wk.

\$1459

*Taxes & other fees (including service charges): \$282



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